

*My Kid is a Super Hero ...  
And So Am I! Part 2*



Fetal Alcohol Syndrome Conference  
Muskegon, Michigan  
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# *Essentials for Becoming a Super Hero*



- Super Hero Name
- Transforming Event
- Super Powers
- Weapon
- Transportation
- Enemy
- Team

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# SPACE GHOST



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# *Transportation for Our Super Heroes*

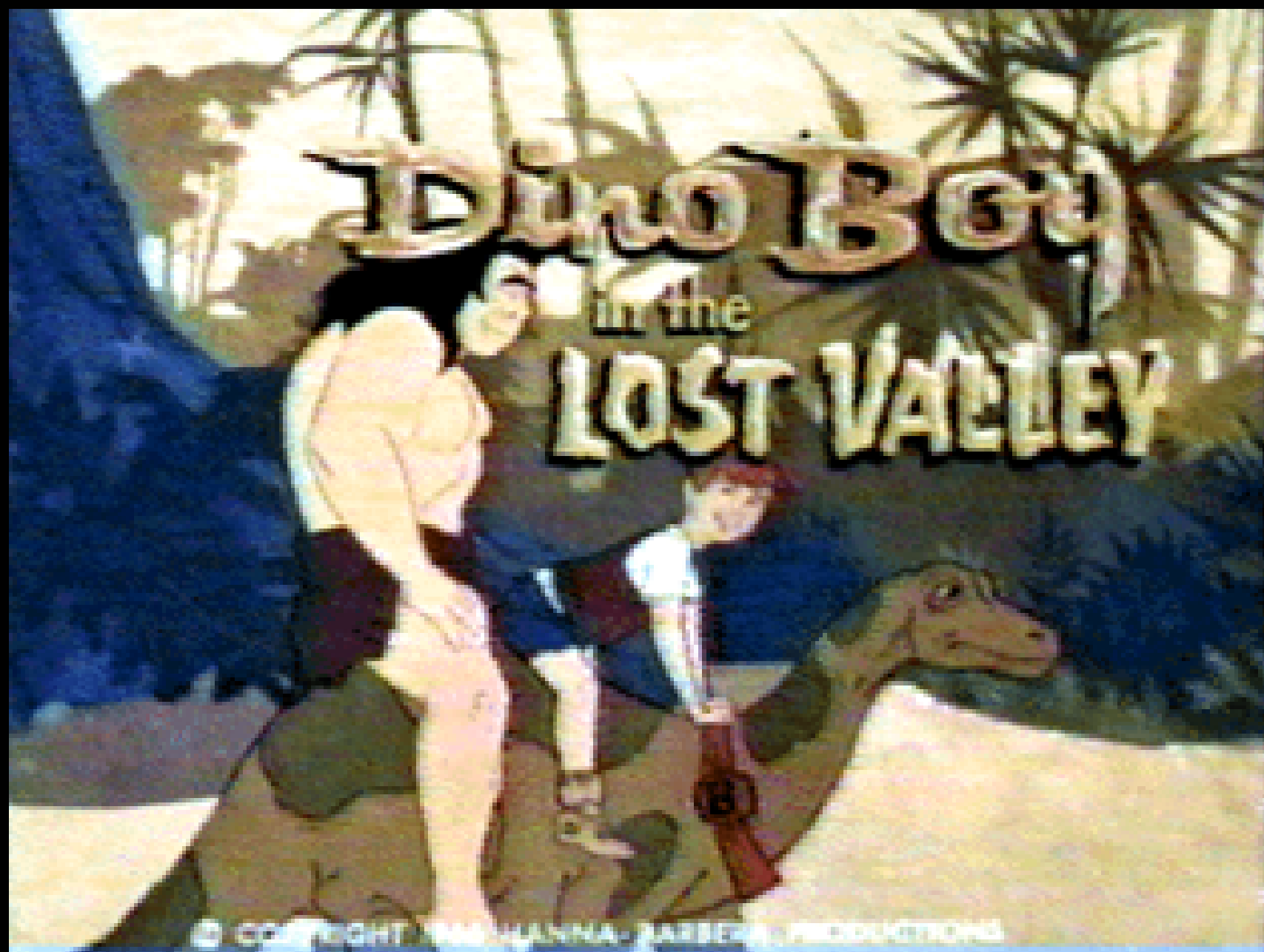


- How are you going to get you and your child where you want to be?
- What are the vehicles by which you will get your child to independence?

# *Transportation for Today*



- Reframing
- Rehearsal
- Storyboarding



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# *Reframing*



- A strategy that helps you find better ways to get what these negative behaviors give you.

## *Reframing Example*

- Sue (non FASD) used to think her mother was being controlling when she called every day wanting to know the details of Sue's life.
- Sue reframed her perception of her mother's behavior as a sincere desire to be part of her life, as an expression of her interest in and caring for Sue as a person.



# *Reframing*



- Every behavior gives you something you want.
- Sue wanted to be the victim. She liked complaining about her lack of freedom and privacy.

## *Reframing a Tantrum*



- Bill viewed Jack's tantrums every Friday while he watched football with his buddies as Jack being a sissy and evidence that he would never match up to Bill's expectations as a son.
- Bill reframed Jack's tantrums as sensory overload and a call for watching football at someone else's house.



HANNA-BARBERA PRODUCTION

BIRDMAN

The

Hannibal  
the  
Hunter

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# *Reframing Trashed Homework*



- Kevin's teacher and principal believed Kevin was being oppositional when he threw his homework in the trash every day before leaving school.
- After talking with Kevin, they reframed Kevin's behavior. He said the teacher never told him he had to do it.

# *Rehearsal*



- Mental Rehearsal is practicing in your imagination.
- Live Rehearsal is practicing in play (what we want FASD children to do a lot of).

## *3 Steps to Rehearsal*



- Identify a situation you want to change.
- Create an imaginary movie
- Step into the movie and repeat this image as often as needed.

# *Problem Solving Rehearsal*

- What am I supposed to do?
- I have to look at all my possibilities
- I'd better concentrate and focus in
- I need to make a better choice
- I did a good job (or) I made a mistake.

Kazdin (1996)

# *Rehearsal: Creative Visualization*



- A host of books, tapes, courses
- Based on the idea that what your mind visualizes, it creates in life
- If you envision catastrophe, be prepared
- Envisioning Superheroes in your children will empower you and them to unleash their potential



# *Storyboarding*



- A plan that uses rough drawings to show action changes in a film, cartoon, or TV show.
- For us, it will show the steps needed to achieve a particular behavioral goal.

# *Self Care StoryBoard*



- 5 Steps
  - Wash face and hands
  - Wet comb hair
  - Deodorant
  - Brush teeth
  - Clean underwear

# *Behavioral Outcome*



- Be attractive to classmates.
- Get a girlfriend/boyfriend.
- Get a job.

# *Stealing Prevention StoryBoard*



- 5 Steps
  - Arrange seating for close supervision
  - Hold daily discussions with class
  - Code of Conduct
  - Identifying motivating factors (reframing)
  - Tag all FASD child's belongings

## *Behavioral Outcome*



- Decrease stealing in classroom
- Promote class trust and cohesion
- Set child up for success

# *Toddler SuperPowers*



- Health
- Good sleep habits
- Normal arousal/activity level
- Good impulse control
- Responds to discipline
- Can tell you rules
- Can tolerate public outings
- Stranger awareness

# *Childhood SuperPowers*



- Sleep at least 6 hours per night
- Understand right vs. wrong
- Understand lying
- Understand mine vs. yours
- Can give and receive affection
- Infrequent meltdowns
- Empathy

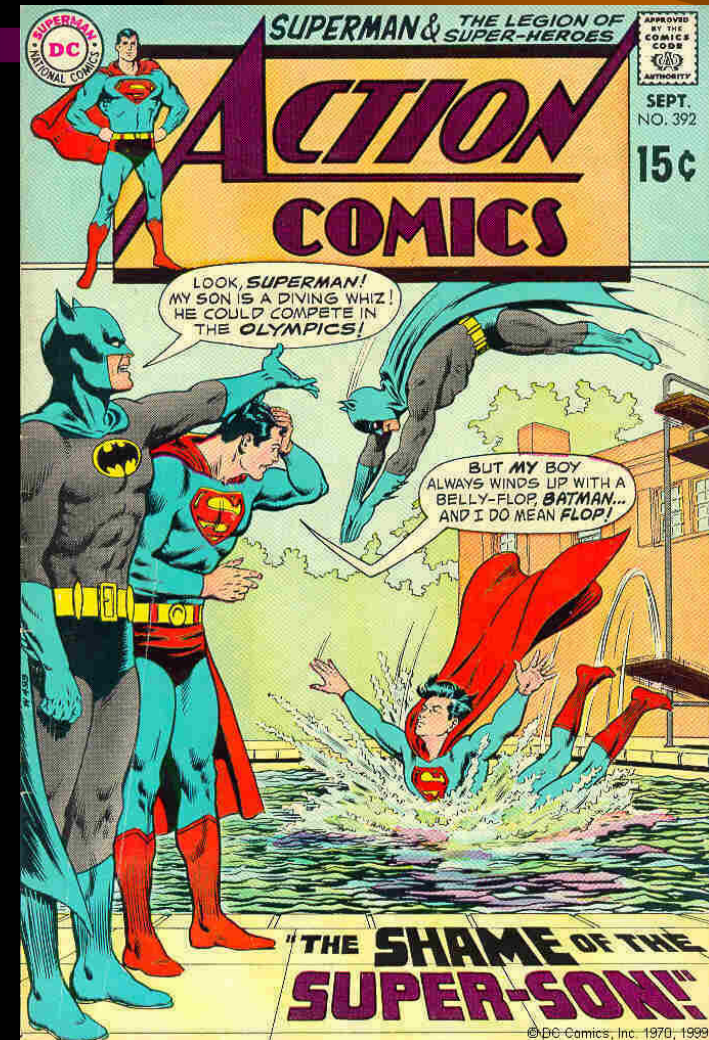
# *Adolescent SuperPowers*



- Understand and respect family code
- Can be left alone in a room for 30 minutes
- No antisocial behavior
- Can adapt to change without undue stress
- Cares for own appearance
- Can apologize for mistakes



# Are Super Heroes Perfect?



## *Christopher Robin said to Pooh*

- You're braver than you believe, stronger than you seem, and smarter than you think.

## *Additional Resources*



- Super Hero Powers Book
- Different Roads to Learning Catalog
- Website: [www.come-over.to/SpecialEdFAS](http://www.come-over.to/SpecialEdFAS)
- Website: [www.state.oh.us/cdr/eccards](http://www.state.oh.us/cdr/eccards)
- Website: [www.difflearn.com](http://www.difflearn.com)
- Website: [www.schwablearning.org](http://www.schwablearning.org)